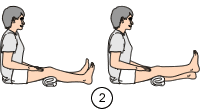
Straight Leg Raise: Use a 5# weight at your ankle. Pull toes back and keep the knee straight. Lift leg a few inches while keeping the toes back and the knee straight. Pause a second and lower slowly. Repeat 3 sets of 15. As it gets easier then progress to 20 or 30 repetitions per set.



Seated or lying down short arc knee extensions: Use a 5 # weight at your ankle. Pull toes back. Place a sturdy pillow under the knee. Raise your heel, extending your knee. Keep the knee firmly against the pillow. Pause a second and lower slowly. Repeat 3 sets of 15. As it gets easier then progress to 20 or 30 repetitions per set.

Standing, rest your thigh against a chair or table. Raise your heel . . Pause a second and lower slowly. Repeat 3 sets of 15. As it gets easier then progress to 20 or 30 repetitions per set.

Use a strap and wrap it around the forfoot. Keep your opposite knee striaght and flat on the bed or floor( not like in the picture). Pull your right leg up while you keep your ankle at 90 degrees ( pull toes back/ not pointed) Keep knee straight. Pull leg towards you until you have a gentle pull at the back of the leg. Hold the stretch for 10-15 seconds. Repeat 5 times with a brief rest between stretches.

Repeat exercises on both sides and once a day for 2-3 weeks